

## REGISTRATION

Registration deadline – April 23, 2010

### Diabetes Update 2010 April 30, 2010

#### Registration Fees:

☐ \$45/participant

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

#### Payment Method:

- ☐ Cash/check (make payable to Avera McKennan)
- ☐ Credit card - contact the Diabetes Center at the number below for processing.

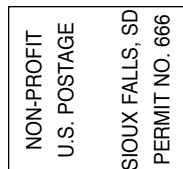
Amount enclosed: \$ \_\_\_\_\_

#### Mail registration and payment to:

Avera McKennan Hospital  
Diabetes Center  
800 E. 21st Street  
Sioux Falls, SD 57117-5045

*For registration information, call (605) 322-8995.*

Avera McKennan offers all educational programs, materials and services to all people without regard to age, race, color, religion, sex, disability or national origin. If you require any of the auxiliary aids or services identified in the "Americans with Disabilities Act" (e.g. assistive listening devices or Braille materials), please call at (605) 322-8950 or write Education Services at 800 E. 21st Street, PO Box 5045, Sioux Falls, SD 57117-5045.



**Avera McKennan**  
Education Services  
800 E. 21st Street  
PO Box 5045  
Sioux Falls, SD 57117-5045

# 2010 DIABETES UPDATE

APRIL 30, 2010  
AVERA MCKENNAN  
EDUCATION CENTER AUDITORIUM  
LOCATED IN THE  
ORTHOPEDIC INSTITUTE  
810 EAST 23RD. STREET  
SIOUX FALLS, SD



*Look no further.*



## GOAL

The goal of this program is to provide participants with information on current issues in the clinical care and education of persons with diabetes.

## TARGET AUDIENCE

All health care professionals interested in advancing their knowledge related to diabetes care and education.

## FACULTY

### **Cathy Breedon, PhD, RD, CSP, FADA**

*Perinatal/Pediatric Nutrition Specialist*

*Clinical/Metabolic Nutrition Specialist*

MeritCare Medical Center • Fargo, ND

### **Thomas Johnson,**

### **Pharm.D., MBA, BCPS, FASHP**

*PGY2 Critical Care Pharmacy*

*Residency Program Director*

Avera McKennan Hospital • Sioux Falls, SD

*Professor of Pharmacy Practice – College of Pharmacy*

South Dakota State University • Brookings, SD

### **Nina Kappes, RD, LN**

*Consultant Dietitian*

Avera McKennan Hospital • Sioux Falls, SD

### **Kristen Townsend, BA**

*Marketing Specialist*

Avera McKennan Hospital • Sioux Falls, SD

### **Julie Ward, BA**

*Director of Internal Communications*

Avera McKennan Hospital • Sioux Falls, SD

## CREDITS

Avera McKennan Hospital & University Health Center is an approved provider of continuing nursing education by CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This educational activity has been granted 6 contact hours. Attendance at the entire education activity is required to receive contact hours.

This program has been approved for 6.0 CPEUs for Registered Dietitians.

## AGENDA

8 – 8:30 a.m.

*Registration and Continental Breakfast*

8:30 – 10:30 a.m.

### **Hot Topics in Nutrition for Diabetes: Pt. 1**

- Cathy Breedon, PhD, RD, CSP, FADA

10:30 – 11 a.m.

*Break and Vendor Displays*

11 – 12 p.m.

### **Inpatient Glycemic Control: Now**

### **What Are We Supposed to Do?**

- Thomas Johnson, Pharm.D., MBA,  
BCPS, FASHP

12 – 1 p.m.

*Lunch and Vendor Displays*

1 – 2 p.m.

### **Hot Topics in Nutrition for Diabetes: Pt. 2**

- Cathy Breedon, PhD, RD, CSP, FADA

2 – 3 p.m.

### **Food, Fitness & Facebook: Can**

### **Social Media Help Fight Diabetes?**

- Kristen Townsend, BA & Julie Ward, BA

Note: You may bring your laptop with wireless internet connection to use during the presentation.

3 – 3:15 p.m.

*Break*

3:15 – 4:15 p.m.

### **Apples & Oranges: Choices or Orders for Diabetes Behavior Change**

- Nina Kappes, RD, LN

## OBJECTIVES

At the completion of this program and reviewing the written materials provided, participants will be able to:

1. Identify 4 commonly inadequate micronutrients with the potential to affect the risk for type 1 & 2 diabetes and diabetes complications, including sources, reasons for inadequacy and recommendations to assure adequacy.
2. State specific nutrition risks associated with three medications commonly used by people with diabetes.
3. Describe the potential role of alpha-lipoic acid in diabetes treatment.
4. Explain 3 serious autoimmune diseases for which individuals with type 1 diabetes are at risk and appropriate monitoring for these conditions.
5. Identify at least 3 nutrition concerns for geriatric/long-term care patients with diabetes.
6. Describe nutrition issues of importance with the development and management of gestational diabetes.
7. Discuss 3 nutrition problems associated with type 2 diabetes in children and young adults.
8. Describe the current literature surrounding glucose control in the ICU and hospitalized patient.
9. State the data compiled in a recent Avera McKennan review of a computerized insulin program vs. manual systems.
10. Review the current guidelines for ICU/inpatient glucose control.
11. Explain what social media is, how it is used as a marketing and education tool, and how to determine if it's the right tool for you.
12. Explore the various social media tools of YouTube, Twitter, Facebook, live chats, etc and how they could be applicable to diabetes care and education.
13. Use the Transtheoretical Theory of Behavior Change to identify patient level of readiness for change, and to help patients choose goals and lifestyle behaviors most appropriate for them.